

# ***UW-Marathon County Library Restroom Reader***

**mth-reference@uwc.edu**



A Campus of the University of Wisconsin Colleges

**Volume 6, No. 4  
November 2011**

## **Below are Six Strategies Against Germs.**

Information is from the book Germ Survival Guide by Kenneth Bock, MD & Steven Bock, MD.  
This resource can be found in the *UWMC Library's electronic book collection*.  
See a librarian for more information about using this resource!!!

### **Strengthen Your Immunity**

Your immune system is your first line of defense against all types of infectious agents, from the viruses that cause the common cold to the bacteria responsible for food poisoning.

Key strategies for building strong immunity include:

- ◇ Getting plenty of sleep
- ◇ Drinking pure water
- ◇ Maintaining a realistic exercise program
- ◇ Detoxifying your body
- ◇ Eating a good diet
- ◇ Managing stress



### **Use Vaccinations and Antibiotics Wisely**

Vaccinations play an important role in the public's health. They prevent illnesses and prevent epidemics. Antibiotics have expanded our ability to fight infectious bacteria beyond anyone's expectation, but remember:

- ◇ Antibiotics are effective only against bacteria
- ◇ Always take the entire course of the antibiotic
- ◇ Request antibiotics only when you really need them
- ◇ Take yogurt or acidophilus after using antibiotics
- ◇ Minimize the amount of antibiotics you consume in your daily diet
- ◇ You can also support new laws to control the use of antibiotics in raising animals



### **Use Integrative Medicine When You Want Additional Options**

Integrative medicine is a unifying approach to health care. It combines the best of Western medicine with new scientific research and proven complementary therapies, such as nutrition, herbal therapy, acupuncture, massage and bodywork, homeopathy, chiropractic, and stress management.

### **Minimize Your Exposure**

To minimize the spread of germs, there are steps we all must take, steps that need to become second nature.

- ◇ Hand washing is essential
- ◇ Avoid direct contact with someone who's sick
- ◇ Stay home and away from others if you're feeling ill



### **Support Public Health**

Our good health is the result of innovations both in medicine and in public health. Infectious illness has been controlled in industrial nations in part through the great public health reforms that began in the late nineteenth century. These reforms led to the introduction of urban water purification and sewage disposal. Most cities also provide garbage disposal, street cleaning, rodent control, and toxic waste disposal.



### **Nip Infections in the Bud**

Whenever we can shorten the course of illness, we conserve valuable immune resources. Eat a good diet, get regular exercise, and take supplements that provide immune support.